

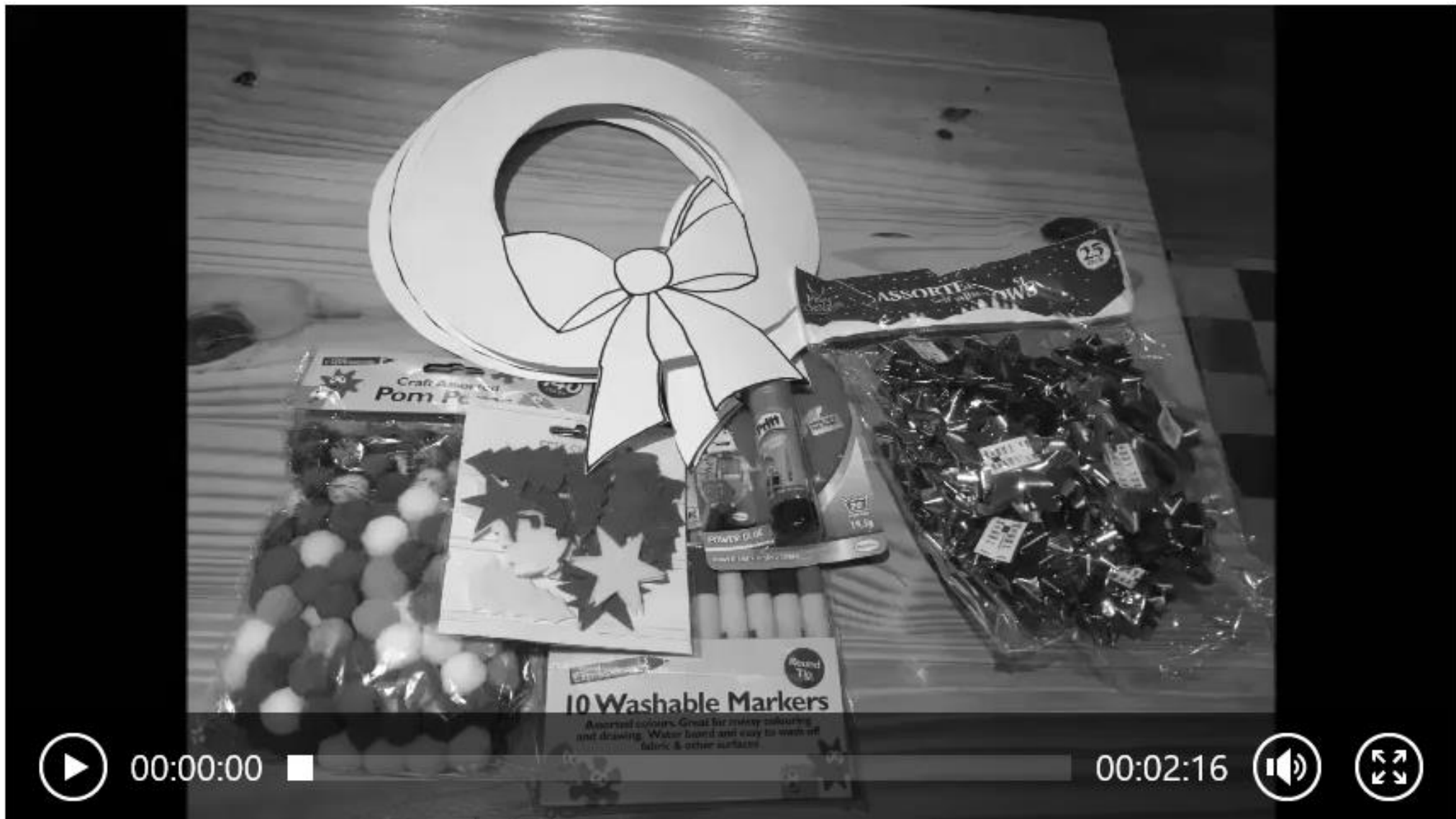


# Developing Competency in Clinical Practice: Domain 2 - Holistic Approaches to Care and Integration of Knowledge

This paper aims to formally reflect on an experience that has significantly contributed to my personal and professional development in relation to Domain 2: Holistic Approaches to Care and Integration of Knowledge. Gibbs (1988 cited in Jasper, 2003, p. 77) reflective cycle is being used to guide reflection.

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00:02:16



## SWOT Analysis

### Strengths

A good understanding of mindfulness will enable me to facilitate mindfulness practices with confidence. I am organised and will use this to my advantage, preparing art and mindfulness groups to use whilst on placement.

### Weaknesses

Although I enjoy arts and crafts I am not very creative so will need to seek inspiration for ideas from other sources.

### Opportunities

Whilst on placement within the community mental health team (CMHT), I had the opportunity to plan and facilitate a mindfulness group. The following [artefact](#) (Bright, 2016a) outlines the practices used. Whilst on placement within the intellectual disabilities services I had the opportunity to plan and facilitate an art therapy group. The following [artefact](#) (Bright, 2016b) demonstrates the planning and activity used within this therapeutic group.

### Threats

Prescribed times for reflective practice (RP) have proven a threat. Owing to RP being held on Mondays, I missed an opportunity to co-facilitate an enduring mental illness group within the CMHT.